

2009 CCS Multi-Story/Steep Course Syllabus

(SUMMER SCHEDULE)

Classroom Learning Schedule:

The first three hours of course will be classroom specific instruction.

7:00 am – 7:10 am

Sign-in - Introductions and explanation of training site facilities.

7:10 am – 7:30 am

History of Rope Access Work - Progression of Property Adjuster rope assisted roof inspection process within the Insurance Industry. Information on national and world (IRATA & SPRAT) standards for rope access safety.

7:30 am – 8:00 am

Climbing, Anchor & Webbing Knots - Tying lifeline access knots that maintain maximum rope and webbing tensile strengths (**Figure 8, Bowline on a bight, Barrell, Butterfly and Water knots**).

8:00 am – 8:20 am

Ladder Safety - as it applies to both lifeline and non-lifeline assisted roof inspection. Discussion of common forms of ladder related injuries and means for injury prevention.

8:20 am – 8:35 am

Lifeline limitations - how to calculate minimum tensile strengths and safe working loads.

8:35 am – 9:00 am

Critical Rope Access Kit Components - Identification, selection, application, inspection, appropriate care for and retirement of personal lifeline equipment .

9:00 am – 9:10 am – Class Break

9:10 am – 9:30 am

Getting Ropes In-Place from the Safety of the Ground - Creation and use of effective rope placement devices.

9:30 am – 9:45 am

Avoiding Static Rope Access Shock - Rope access fall factors, minimizing impact forces and resultant forces with ANSI approved personal shock limiting devices.

9:45 am – 10:00 am

Minimizing Inspection Related Roof and Gutter Trauma - Use of Ridge Protectors and ladder stabilizers to minimize rope access related roofing and gutter damage.

Ground School Learning Schedule:

Two hours of course will be hands on belay training specific activity completed by all participants at ground level.

10:00 am – 10:20 am

Climbing / Belay Harnesses - selection application.

10:20 am – 10:35 am

Climbing Commands - eliminating communication errors with appropriate two person belay dialog.

10:35 am – 10:50 am

Demonstration of Friction Producing Devices - Instructor demonstrates proper use of **Grigri, Figure 8, and ATC.**

10:50 am – 11:50 am

Ground Level Belay - participants break up into groups of two and practice simulated / ground level two man belay process by setting up anchors, tying appropriate knots and working with all three friction producing devices just as they would on an actual steep roof inspection.

11:50 am – 12:30 pm On-Site Lunch (Provided)

Climbing School Schedule:

Three hours of course will be hands on actual set-up, climb / inspection, team and self (static) belay process activity.

12:30 pm – 12:50 pm

Safe Rope Placement Demonstration - of “LL II Line Launcher” and “Line Sling” rope placement devices.

12:50 pm – 1:00 pm

Discussion and demonstration of ascent/descent and lateral maneuverability - techniques that allow for maximum roof access.

1:00 pm – 2:50 pm

Two Person Belay Team Inspection - Instructor sets up two person belay over 43', 12/12 slope. Participants are paired up into two person belay teams and rotate through both ground belay and climber positions. *This event is closely supervised by instructor and will require students to demonstrate dual role proficiency to successfully complete.*

2:50 pm – 3:00 pm – Class Break

3:00 pm – 4:00 pm

Static Belay (Single Person) Inspection - Instructor demonstration of single adjuster “Static” set up and self-belay climb. Participant demonstration of “Static” belay set up and self belayed climb with rope to rope transfer. *This event is closely supervised by instructor and will require students to demonstrate proficiency to successfully complete.*

4:00 pm – 4:20 pm

Process Exam - Participants work in groups to demonstrate comprehension of two person and single adjuster ‘static’ belay equipment set up and take down.

4:20 pm – 4:50 pm

Written Course Exam - and scoring review.

4:50 pm – 5:00 pm

Course evaluations and sign out.

5:00 pm – 6:00 pm (Optional for all students who wish to attend)

Marketing Your Skills - Discussion for marketing and use of your Multi-Story / Steep training to your greatest advantage.